

GUIDELINES for CENTERING PRAYER

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly, and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When you become aware of thoughts, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes

[learn more](https://cpt.org/files/WS%20-%20Centering%20Prayer.pdf) (link to <https://cpt.org/files/WS%20-%20Centering%20Prayer.pdf>)